

What can we do to decrease our risk of cancer?

- Avoid carcinogens and carcinogenic stimulators
- Dietary considerations
 - Proper amounts of clean filtered water (1 qt/50 lbs body weight) preferably alkaline (pH 8-9)
 - Decrease sugar and starch consumption (particularly fructose)
 - Eat more raw fruits and vegetables (80%) and take enzymes when eating cooked vegetables (enzymes are destroyed at 104 degrees Fahrenheit)
 - Eliminate processed foods and canned foods
 - Eat organic and non GMO foods
 - Eliminate all trans fats
 - Do not eat over cooked and charred meats
 - Eat 30 grams of fiber daily
 - Eat foods with all colors which represent phytonutrient content
 - Eat good saturated fats
 - Decrease red meat consumption
 - Eat foods which are anti-inflammatory in nature

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- Dietary considerations:
 - Eliminate or decrease alcohol consumption (as little as 2 drinks/day puts you at risk for certain cancers)
 - Control weight and avoid obesity
- Do full body or colon cleanse once a year
- Do a liver and kidney detox once a year
- Do stress reduction techniques to move you from sympathetic overload to parasympathetic healing mode
 - Yoga, meditation, relaxation techniques and exercise
 - Massage, chiropractic
 - Have close friends and family for emotional support
- Get enough sleep to be refreshed and rejuvenated
- Exercise Daily

What can we do to decrease our risk of cancer?

- Nutritional Supplements
 - Multivitamin & mineral supplement:
 - Natural not synthetic source
 - No iron unless menstruating females
 - Specific vitamins
 - Vitamins D, E and C
 - Specific minerals
 - Iodine
 - Essential Fatty Acids
 - Fish and Krill oil
 - Herbs and phytonutrients. There are over 25,000 phytochemicals. Some of the most researched are:
 - Curcumin
 - Resveratrol
 - Quercetin
 - Silymarin
 - Indole-3-carbinol
 - Green tea extract
 - Garlic
 - Ginger
 - Active Hexose Correlated Compounds (AHCC) a mushroom extract

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Plant-Based Cancer Fighting Compounds:

1. **Anthocyanins** – acai berries, black currants, goji berries, grapes, plums and mangosteen - *inhibits tumor growth and DNA damage*
2. **Carotenoids** – apricots, carrots, kale, spinach and sweet potatoes - *acts as an antioxidant increasing immunity*
3. **Allicin** – garlic, leeks, onion, scallion and shallot allyl sulfides - *suppress wild cell growth*
4. **Limonoids** – grapefruit, lemon, lime, noni and orange – *detox cancer causing compounds in GI tract*
5. **Resveretrol** – grapes, peanuts and Japanese knotweed - *anti inflammatory*
6. **Catechins** – apples, berries and green tea – *inhibits enzyme reactions that lead to cancer – shown to reduce tumor size*
7. **Ellagic acid** – grapes, pomegranates, raspberries and strawberries – *inhibits tumor growth and angiogenesis*
8. **Lycopene** – grapefruit, tomatoes and watermelon – *protects against free-radical damage*
9. **Sulforaphane** – broccoli – *counteracts carcinogens and helps destroy cancer cells*
10. **Chlorophyll** – barley and wheat grass, chlorella, spirulina and leafy greens – *neutralizes toxins and enhances the immune system*